

The Wellfleet Recreation Department Presents:
THIRTEENTH ANNUAL "SHUCK AND RUN" OYSTER FESTIVAL
5K ROAD RACE AND CHILDREN'S FUN RUN

SUNDAY OCTOBER 19, 2014 9AM— 5K, (5-Kilometer) Road Race

(T- shirts limited to first 100 entrants-13 and older)

Prizes given to first second and third place, First Wellfleet Resident, First Race Walker male and female.

Results available on www.coolrunning.com

10:00 AM 1.2 mile Children's Fun Run For ages 12 and under

(T-shirts limited to first 50 entrants-12 and under)

This is a timed fun run with prizes given to all participants

ALL CHILDREN UNDER AGE SIX MUST HAVE AN ADULT RUN WITH THEM

Course: : Begin at Mayo Beach parking lot, run along Wellfleet Harbor to the Chequessett Yacht and Country Club and back.

Children's Course: Children's course from Mayo Beach parking lot to Chequessett Neck Road and back.

Entry Fee: Adult Race--\$20.00 Children's Race-\$15.00 (including T-shirt) BY OCTOBER 10, 2014

AFTER OCTOBER 11, FEE WILL BE: \$25.00 for the adult race and \$20.00 for the kid's race

PREREGISTRATION BY FRIDAY OCTOBER 10, 2014

Number pick-up and pre-registration: **BE EARLY!**

Shirts and numbers will be available for pick up on Friday October 17 from 4-6 PM, and Saturday October 18 from 11 AM- 1PM at the Baker's Field Rec. Building. It will also be possible to register for the race at this time or on Race Day October 19 at the Baker's Field Recreational Building on Kendrick Avenue beginning at 7:30-8:30 am for the Adult race and 9:00 am for children's race.

DAY OF RACE REGISTRATION ENDS AT 8:30 AM

Online Registration at www.active.com

or

Mail entries to: Recreation Department, 300 Main Street, Wellfleet, Ma 02667; or, drop off at The Wellfleet Town Hall, 300 Main Street, Monday through Friday 8 AM- 4 PM.

Checks or Money Orders to: The Town of Wellfleet

.....DETACH.....

"In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, Executors and administrators waive and release any and all rights and claims for damages I may have against the sponsors of the Town of Wellfleet, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty."

NAME _____ DATE OF BIRTH _____ AGE _____ M/F.

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP CODE _____

TELEPHONE _____ EMAIL _____

Signature

Signature Parent/Guardian if under 18 (required)

T-shirt Size: Kids: M, L, Adult; S, M, L, XL. Do you reside in Wellfleet 10 months a year? YES/ NO.

Are you a Race Walker? YES/NO.